

An active child is a healthy child!

My Goal...

*I will limit the amount of TV my child
watches to ___ hour(s) per day.*

Record when you limit TV in your Fit WIC calendar!



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Things my child and I can do instead of watching TV:

- ◇ Dance to music
- ◇ Toss soft balls or bean bags into bowl, empty trash can, or laundry basket
- ◇ Jump over objects
- ◇ Wave ribbon wands to music
- ◇ Try to balance a beanbag or soft toy on your elbow, foot or shoulder
- ◇ Grow vegetables in a garden or a container.
- ◇ Read a book together
- ◇ Create a household obstacle course—crawl under tables, jump over pillows, walk between chairs, etc
- ◇ Other: _____